

# SENIOR CENTER



Carlsbad Senior Center • 799 Pine Avenue • 602-4650

## Senior Commission

The Carlsbad Senior Commission, a City Council appointed advisory board, meets at the Center the first Thursday of each month at 3 pm. The Commission offers input to the City Council on any issues pertaining to older adults. The public is welcome.

## Your 50th Wedding Anniversary

... can be acknowledged by a Proclamation from the City of Carlsbad and presented by a City Official. Call 602-4650 for more information.

## Making Connections

### You Are Invited to Lunch!

What tastes better and costs less than any fast food restaurant? It is the privately catered lunches at the Carlsbad Senior Center! Delicious, nutritious meals are served Monday through Friday. Just call 602-4655 by 8 am the day you wish to dine ... and you must be 60 years young. Your reservation is held until 11:45 am, with lunch served promptly at noon. A suggested donation of \$3 assists in supporting this popular program. Home meal delivery is available for homebound Carlsbad seniors. Call 602-4652 for additional information. Transportation is available for Carlsbad residents; call 602-4650 for details.

## Volunteer Opportunities

Looking for a way to help others and perhaps yourself? Consider one of several positions available in our dining/nutrition program. We are looking for responsible persons to assist with the service of meals, in the dining room or kitchen, as well as drivers for home meal deliveries. We will keep you busy for about two hours and you will be providing a valuable service to the community! Call 602-4650.

# SENIOR SERVICES



## Ongoing Activities

### Arts & Crafts

**Needlecraft:** Tuesdays 8-11 am. Learn and share new knitting techniques while socializing with this cheerful group of people.

**Crafti-Crafters:** Fridays 8:30-11 am.

**Watercolor Class:** This is a very popular 2-month class on Wednesday or Thursday from 9-11:15 am. You may only attend one class per week. Bring your own supplies and be ready to create!

### Dance & Exercise

**Beginning Country Line Dancing:** Learn the skill of Country Line Dancing while getting great exercise. No partners are necessary. Mondays from 12:30-1:30 pm. A \$1 donation is requested.

**Country Line Dancing:** Enjoy great exercise while dancing the latest Country Western Line Dances. No partners are necessary. Every Tuesday from 9:30-11 am. A \$1 donation is requested.

**Ballroom Dance Lessons:** No partners are necessary. 1st Thursdays from 12:30 to 1:15pm and 3rd Thursday from 1:00 pm to 2:30 pm of each month. A \$5 donation is requested.

**Hawaiian Dance:** Enjoy this graceful exercise set to beautiful music. A \$5 donation is requested. Newcomers are welcome.

**Beginning / Intermediate** classes held on Wednesdays, 2:30-4:30 pm.

**Intermediate / Advanced** classes held on Fridays from 12:45-2:45 pm.

**International Folk Dancing:** Learn easy steps to music from many countries. No partners are necessary and beginners are welcome! Mondays from 1-2:30 pm.

**Jazz and Tap Dancing:** Beginning to advanced dancers are welcome! Fridays 3-4:15 pm.

**Low-Impact Aerobics with Carl Grubbs:** Join Senior Olympic Gold Medal Winner, Carl Grubbs, as he helps you develop flexibility and strength. Meets every Thursday from 8:30-9:30 am. A \$2 donation is requested.